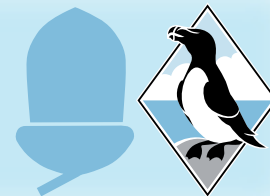


Lochvane

Short Walk



SCALE: 0 300 600 m

DISTANCE/DURATION: 3.2 miles (5.2 km) 1 hour 45 minutes

PUBLIC TRANSPORT: Service bus on A487 411,
*Puffin Shuttle 400 (*seasonal, hail & ride)

CHARACTER: Cliff edge, rugged coast, fields and livestock

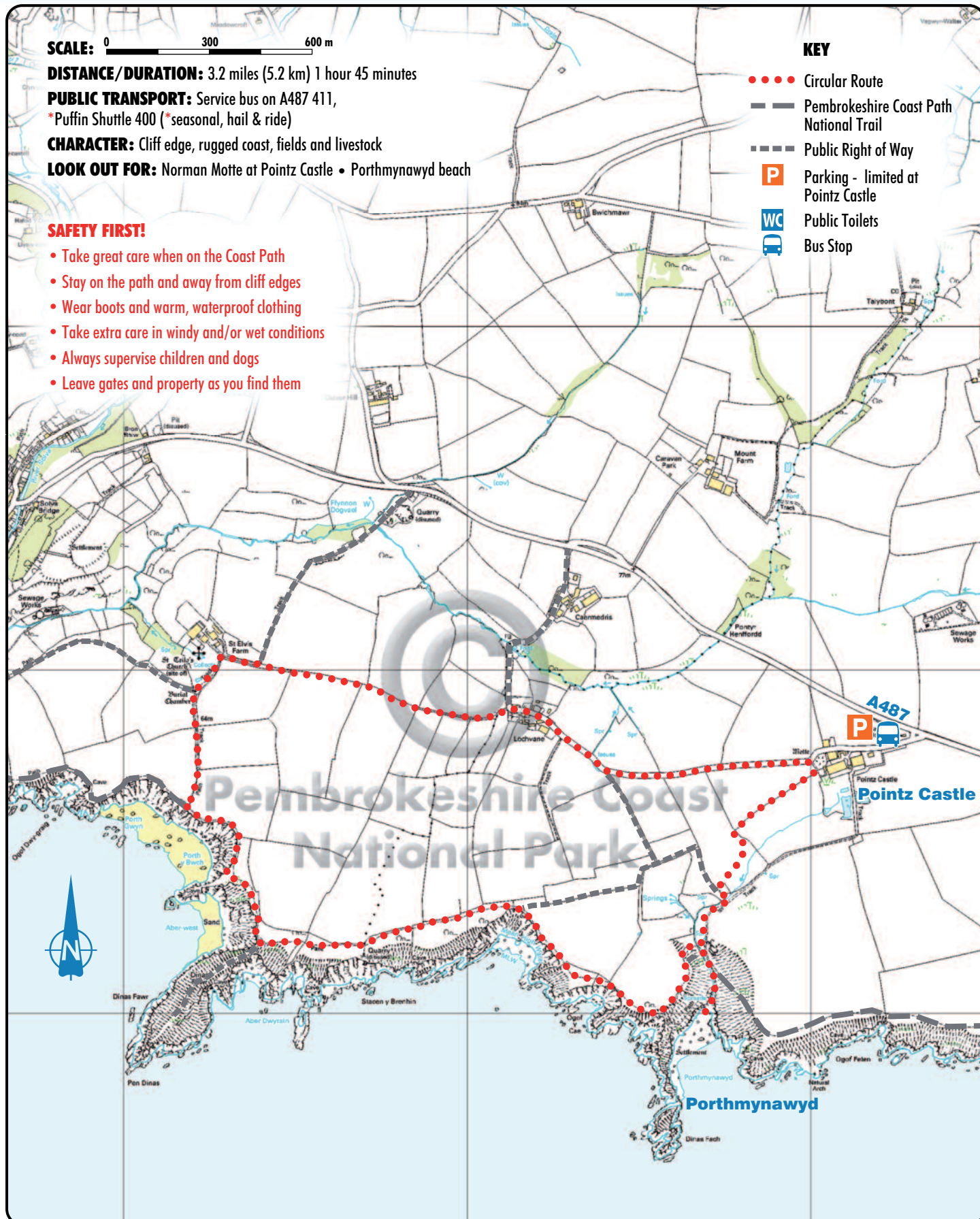
LOOK OUT FOR: Norman Motte at Pointz Castle • Porthmynawyd beach

SAFETY FIRST!

- Take great care when on the Coast Path
- Stay on the path and away from cliff edges
- Wear boots and warm, waterproof clothing
- Take extra care in windy and/or wet conditions
- Always supervise children and dogs
- Leave gates and property as you find them

KEY

- • • • • Circular Route
- — — — — Pembrokeshire Coast Path National Trail
- - - - - Public Right of Way
- P** Parking - limited at Pointz Castle
- WC** Public Toilets
- Bus Stop



Lochvane

Short Walk

Duration: 1 hour 45 minutes

Length: 3.2 miles (5.2 km)

Public transport: Service bus on A487 411, *Puffin Shuttle 400 (*seasonal, hail & ride).

Grid ref: SM825235

Spectacular cliffs, secluded coves and Norman ruins...

Look out for: Norman Motte at Pointz Castle, Porthmynawyd beach.

The cliffs are spectacular on this stretch of the coast (250 feet) with great views back to Ramsey Island. The promontory of Dinas Fawr (with Dinas Fach beyond) is regarded as dangerous - don't be tempted to go onto the footpath out onto the point. You may see the odd sea-bird here - gulls, sometimes fulmars and cormorants, with the occasional jackdaw and kestrel.

Porthmynawyd is a secluded cove with a small popular beach accessible when the tide is out. The remains of a Norman motte can be seen at Pointz Castle.

Character: Cliff edge, rugged coast, fields and livestock.

Caution: The promontory of Dinas Fawr (with Dinas Fach beyond) is dangerous - don't be tempted to go onto the footpath out onto the point.

Text provided by the BBC